

LA Suicide Prevention Network
LASPN Summit Planning Meeting

4/9/2021 - Kick-off of the 2021 LA Suicide Prevention Summit

Participants:

Present: Carolyn, Rick, Sandri, Cheryl, Elisabeth, Louisa, Pip, Celeste, Aileen, Valerie, Ana, Vanessa, Nicolle, Tracie

Not Present: Robert, Daisy, Daphne, Jana, Franklin

Summit (3 days total):

Number of days: Summit will be 2-day; there will also be a pre-conference.

Possible times: Pre-conference – TBD

Conference days: 8:30am-4:30pm

Proposed Pre-Conference: 3 tracks

1. Grief & Loss
 - a. Loss Survivors
2. Suicide Prevention Training – BBS/Board requirements (6 hours)
 - a. Collaboration of Didi Hirsch/PSP trainers
3. Arts & Culture – healing arts session(s)

Proposed Conference Days: 4 workshops per day (1 hour, 30 min) = 6 hours of CEUs available.

Considerations: Keynote speaker(s), panel(s)

Possible dates:

Pre-conference: 9/8	Pre-conference: 9/7	Press conference: 9/10
Conference: 9/9, 9/10	Conference: 9/8, 9/9	Pre-conference: 9/13
	Press conference: 9/10	Conference: 9/14, 9/15

Considerations of dates:

- Rosh Hashanah 2021 will begin in the evening of Monday, September 6, and ends in the evening of Wednesday, September 8
- County employee's regular days off typically fall on Mondays and Fridays. If we consider 9/10 as a conference day, this could hinder assistance and/or participation.

CEUs

CEUs: 1 hour, 30 minutes = 1.5 CEUs

Non-CEU activity: Video only, Q&A panel only

Targets:

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Equitable access

Racism

Loss Survivors

Attempt Survivors

Parents – recognizing warning signs, how to help

Clinical - Intervention/Treatments

Next steps:

1. DMH to inquire how many staff assisting have RDOs on 9/10
2. Sandri to follow up on CEU packet with Didi Hirsch and including PSP trainer for pre-conference training
3. Committee to bring to the next meeting:
 - a. Up to 3 themes
 - b. Up to 4 potential speakers (*dream speakers)
 - c. Robert – report out on Cal Vets and Veterans Summit
4. Sponsors?
 - a. Who?
 - b. How many?

Decisions made:

No call for papers for 2021; goal for 2022

Want CEUs

Next Meeting (NO MEETING 4/23 due to AAS): 4/26, 8:30am-10:00am

Join Zoom Meeting

<https://us02web.zoom.us/j/89372473164>

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4/26/2021 – Summit Planning Meeting

Participants:

Present: Carolyn, Jana, Sandri, Cheryl, Elisabeth, Celeste, Nicolle, Tracie, Robert, Daphne, Daisy
Not Present: Rick, Franklin Louisa, Pip, Aileen, Valerie, Ana, Vanessa

Date Decisions Made:

Pre-Conference: 9/9/2021

Press Conference: 9/10/2021

Conference: 9/14, 9/15 2021

Post-Conference Trainings: 9/17/2021, 9/24/2021

Sub-committees Created:

Pre-Conference – Daphne, Celeste, Sandri, Elisabeth, Tracie, Daisy

This group will determine the number of tracks, length of pre-conference. This group will also help determine Post-Conference trainings discussed (potential dates 9/17 and 9/24).

Press Conference- Nicolle, Carolyn, Sandri, Cheryl, Tracie. This will include support staff in FCP – Tiffany, Adrina, Monalisa, and Vanessa. This group will help with creating the 2021 LASPN Report Card, schedule for press conference.

Awards Committee: Daphne, Sandri, Tracie. This group will create an LASPN Awards Category that will be added to the Summit. This group will determine number of awards, potential sponsors, purchasing of the award, and which day they would be presented.

Potential Themes:

Journey from research to implementation

Managing Loss

Long-Term Self-Care

Re-Frame/Re-Start/Re-Envision

Current working title –

“Re-envisioning the journey together”



Potential Workshops:

- ❖ Complicated Grief and Trauma
- ❖ Self-Care for Loss Survivors
- ❖ Long-Term Self-Care
- ❖ *Inequities, Racism, Impact of (Healing Centered Engagement) – follow up with Elisabeth
- ❖ Stop Making Self-Care a Privilege
- ❖ Research and Implementation: How do we move from research into action steps (i.e. State plan) – follow up with Nicolle and Jana
- ❖ Older Adults (LA City) – Aileen, Val to provide potential speakers from LA City
- ❖ Must have 2-3 workshops with treatment/interventions
 - Workshop including working with individuals on the spectrum and/or Cognitive Developmental Disabilities (CDD) – how to screen, make safety plans, etc.
 - DBT-Like skills
 - CBT-Like skills
 - Self-Harming Behaviors

Next Steps:

1. **Pre-Conference Sub-Committee** to meet prior to next Group meeting (5/7 @ 8:30am) and present to the Group ideas regarding Pre-Conference:
 - a. Full-day/half-day?
 - b. How many tracks?
 - c. Any clinical trainings on this day? How many?
2. **Awards Sub-Committee** to meet prior to next Group meeting (5/7 @ 8:30am) and present to the Group ideas for:
 - a. Number of awards
 - b. Potential sponsors for the awards
3. **Group** to bring to next meeting (5/7 @ 8:30am):
 - a. Potential speakers
 - b. Your top 2 must have workshops
 - c. Where does Cal-Vet fit in? Should this be a Pre-Conference/Conference/Post Conference (training only, no workshop)? **Robert** to provide an update.
 - d. Where does the Mayor's Challenge fit?
 - e. Where do first responders fit? Pre-conference/conference/Post Conference (training only, no workshop)?
 - f. Didi Hirsch trainings for Post Conference: 9/17, 9/24 **Sandri** to provide an update.
 - i. Fees
 - ii. CEUs
 - iii. Can DMH/PSP and Didi Hirsch co-train with Didi Hirsch CEUs?
 - g. Follow-up on UCLA Healing training – **Elisabeth** to provide an update.

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- h. Theme ideas (mentioned: butterflies, chrysalis)
- i. Inequities, Racism, Impact of (Healing Centered Engagement) – follow up with **Elisabeth**

Next Meeting: 5/7/2021 8:30am-10:00am

Join Zoom Meeting

<https://us02web.zoom.us/j/89372473164>

Meeting ID: 893 7247 3164

One tap mobile

+16699009128,,89372473164# US (San Jose)

+12532158782,,89372473164# US (Tacoma)

5/7/2021 LASPN Planning Meeting

Participants:

Present: Carolyn, Rick, Sandri, Cheryl, Elisabeth, Celeste, Nicolle, Tracie, Robert, Daphne, Daisy, Franklin, Aileen, Valerie, Ana

Not Present: Louisa, Pip, Vanessa, Jana

Date Decisions Confirmed:

Pre-Conference: 9/9/2021

Press Conference: 9/10/2021

Conference: 9/14, 9/15 2021

Post-Conference Trainings: 9/17/2021, 9/24/2021

Sub-committees Created and expanded:

Pre-Conference – Daphne, Celeste, Sandri, Elisabeth, Tracie, Daisy, Franklin; consult with Rick and Robert regarding Loss Survivors and Attempt Survivors session(s)

This group will determine the number of tracks, length of pre-conference.

Post-Conference – Sandri, Tracie, maybe Nicolle

This portion will conclude after the conference and offer interventions/treatments. Trainings dates include 9/17 and 9/24.

Press Conference- Nicolle, Carolyn, Sandri, Cheryl, Tracie. This will include support staff in FCP – Tiffany, Adrina, Monalisa, and Vanessa.

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Awards Committee: Daphne, Sandri, Tracie.

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This group will create an LASPN Awards Category that will be added to the Summit. This group will determine number of awards, potential sponsors, purchasing of the award, and which day they would be presented.

Summit Title –confirmed

“Re-Envisioning the Journey Together”

Save the Date Flyer

Chose images 2 and 4. Will follow up with Lisa to update. Next meeting pick flyer to send out by 5/17.

Veterans

Robert provided a follow up regarding partnership with Cal Vets. He is submitting a prospective on behalf of the LASPN 5/7 or 5/10. Hoping to receive some state funding for the marketing of the event.

Pre-Conference:

Will include 2-4 workshops. Focus is on loss survivors and attempt survivors. Including Healing Arts – either infused with the workshops and/or a standalone workshop.

***Consideration** – Loss Survivors and Attempt Survivors meet in person (physically distanced) with facilitator(s) to run the workshop.

Follow up/Next Steps:

Pre-conference sub-committee

- ❖ Determine number of tracks for pre-conference
 - Attempt Survivors
 - Loss Survivors
 - Healing Arts
 - How has racism, COVID-19, social stressors impacted these groups

***Consideration** – one session title could be: **People across the journey**

Press Conference Subcommittee to meet

- ❖ Determine who will be present for the press conference
- ❖ Outreach/engage

Tracie to follow up with Lisa regarding Save the Date flyer.

Include:

- ❖ Save the Date announcement

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- ❖ Include twitter account to follow and LASPN website to go to for updates
- ❖ Add it is a virtual conference
- ❖ Add LASPN logo

Robert will provide update from Cal Vets and next steps.

Determine next steps that include the Mayor's Challenge, DPH, DMH (Veteran's Suicide Death Review)

Robert, Sandri, Tracie to follow up with First Responders and Veterans to determine if including first responders session during Veterans track is appropriate or should be split with general training. Want to ensure all have access to the information

Sandri

- ❖ Will Didi Hirsch take the lead for both training dates or one of the training dates?
- ❖ Will Didi Hirsch will charge a fee?
- ❖ Can someone outside of Didi Hirsch co-train with Didi Hirsch and qualify for CEUs under their requirements?
- ❖ Provide an outline for nominating potential awardees

LASPN Committee

- ❖ Bring 2-3 topics you want to have present for the conference (9/14, 9/15)
- ❖ Bring 2-3 presenters you want to present at the conference
- ❖ Bring 2-3 keynote thoughts for keynote speakers
- ***Consideration** – need to keep in mind COVID, racism, social unrest, media, politics and impact it has had on us for the year and beyond.
- ❖ Conference will include 3 sessions per day
 - How many sessions will include CEUs?
 - CEU sessions must be 1.5 hours long (minimum)
- ❖ Workshops will be between 9am-3pm
 - How many keynote speakers
 - Keynote speakers both days?
 - How long is keynote?
 - How many breaks?
 - Which day would award(s) be presented?
 - Who presents the award(s)?
- ❖ Meeting time extended to 11am.
- ❖ I (Tracie) will send out updated save the date flyers for us to pick a winner so we can start sending out by 5/17.

Next Meeting: 5/21/2021 8:30am-11:00am

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LASPN 5/21/21

Participants:

Present: Carolyn, Rick, Sandri, Cheryl, Elisabeth, Celeste, Nicolle, Tracie, Daphne, Daisy, Franklin, Aileen, Valerie, Ana, Pip, Vanessa, Jana

Not Present: Louisa, Robert

Date Decisions Confirmed:

Pre-Conference: 9/9/2021

Press Conference: 9/10/2021

Conference: 9/14, 9/15 2021

Post-Conference Trainings: 9/17/2021, 9/24/2021

Sub-committees Created and expanded:

Pre-Conference – Daphne, Celeste, Sandri, Elisabeth, Tracie, Daisy, Franklin; consult with Rick and Robert regarding Loss Survivors and Attempt Survivors session(s)

This group will determine the number of tracks, length of pre-conference.

Post-Conference – Sandri, Tracie, Nicolle

This portion will conclude after the conference and offer interventions/treatments. Trainings dates include 9/17 and 9/24.

Press Conference- Nicolle, Carolyn, Sandri, Cheryl, Tracie. This will include support staff in FCP – Tiffany, Adrina, Monalisa, and Vanessa.

This group will help with creating the 2021 LASPN Report Card, schedule for press conference.

Awards Committee: Daphne, Sandri, Tracie.

This group will create an LASPN Awards Category that will be added to the Summit. This group will determine number of awards, potential sponsors, purchasing of the award, and which day they would be presented.

Summit Title –confirmed

“Re-Envisioning the Journey Together”

Save the Date Flyer

Image chosen through vote. Will send out via Network 5/24/21

Veterans

Robert provided a follow up regarding partnership with Cal Vets. He is submitting a prospective on behalf of the LASPN 5/7 or 5/10. Hoping to receive some state funding for the marketing of the event.

Pre-Conference:

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Will include 2-4 workshops. Focus is on loss survivors and attempt survivors. Including Healing Arts – either infused with the workshops and/or a standalone workshop.

***Consideration** – Loss Survivors and Attempt Survivors meet in person (physically distanced) with facilitator(s) to run the workshop.

Follow up/Next Steps:

Pre-conference sub-committee – subcommittee needs to meet.

- ❖ Determine number of tracks for pre-conference
 - Attempt Survivors
 - Loss Survivors
 - Healing Arts
 - How has racism, COVID-19, social stressors impacted these groups

***Consideration – one session title could be: People across the journey**

Press Conference Subcommittee to meet

- ❖ Determine who will be present for the press conference

Confirmed: want to have keynote speakers for pre-conference, each day of conference.

Keynote speakers for: **Pre-Conference**

Potential speakers: ~~Zack Williams~~, (loss survivors) (Nicolle will follow-up)

Robert Stohr (loss survivors)

Dese'Rae Stage (Attempt survivors) (Sandri can you please follow up)

Keynote speakers: **Conference:** 9/14, 9/15

Potential speakers: ~~Dr. Brene Brown~~ (Cheryl will follow up)

~~Tarana Burke~~ (Nicolle will follow up)

— ~~Dr. Joy Harden Bradford~~ (~~sent email 5/22~~) ~~Dr. Joy does not speak on topics~~

~~related to suicide and suicide prevention. However, she does recommend Janelle Cabbage, Director of Suicide Prevention for Maryland's Department of Health, who specializes and speaks frequently on these topics. You can find contact information for her [here](#).~~

— ~~Gayle King~~ (~~email sent 5/22; Michael Frick has been assigned as your Account Executive and will be in touch with you soon about your speaker request. For future reference, you can reach Mike directly at: 760-656-8770, ext. 101 or Mike@Speaking.com~~)

Dr. Rheeda Walker (Daisy will follow up)

[Lisa Ling](#) (Daphne can you follow up)

Shilo Richard

Need to follow-up on: Art inclusion – instead of a call for papers, we do a "call for art" based around suicide prevention. "Art Walk" which could bring in Arts and Culture.

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Potential partners:

Git Lit

Directing Change

LASPN Youth Advisory Board

Justice for My Sister - <https://www.justiceformysister.org>

Need to follow-up on: Robert – Vets, first responders

6/4/2021

Participants:

Present: Carolyn, Rick, Cheryl, Elisabeth, Celeste, Tracie, Daphne, Daisy, Franklin, Aileen, Valerie, Ana, Pip, Jana, Nelly

Not Present: Sandri, Louisa, Robert, Nicolle, Vanessa

Veterans Track

Robert will follow up with CalVet to host the Veterans track.

Veterans track will be a 1-day, up to 3 sessions.

Pre-Conference: (all workshop names are subject to change – just used for purposes of notes at this time)

Focus is on loss survivors and attempt survivors. Including Healing Arts.

- 3 workshops for all (Attempt Survivors: how to support and listen and the transformational process 60 minutes; Loss Survivors: what do we need to understand, how do we best support, and what are we missing? 60 minutes; Healing-Centered Engagement) 30-45 minutes; and 1 workshop for clinicians (How to support a clinician after losing a client who died by suicide) 90 minutes
 - ✓ Attempt Survivor Potential Keynote Speaker: Dese'Rae (25-30 minutes). Include a panel discussion. **Panel Discussion (30 minutes): Dese'Rae (facilitator), Patricia Speelman, + two panel members (identify)**

Follow-up: Sandri – can you follow up with Dese'Rae to be the keynote speaker; Patricia if she will participate on the panel. Work with Robert, Rick, and Patricia to identify two potential panel speakers that could discuss how to support someone who is having suicidal ideations, has a plan, what is it like as the person going through the experience, what do we need to understand on the other side.

- ✓ Suicide Loss Potential Keynote Speaker: Robert (25-30 minutes). Include a panel discussion. Panel Discussion (30 minutes): Robert (facilitator) – Rick Mogil + two panel members (identify).

Follow-up: Robert, Rick – can you identify 2 potential panel speakers that could discuss the transition of life as a loss survivor, support needed, lessons learned, etc.

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- Include a breakout room of the puppies: <https://explore.org/livecams/warrior-canine-connection/service-puppy-cam-3>
 - ✓ Healing-Centered Engagement Workshop – Trainers – UCLA Center for Arts and Healing
Follow-up: Elisabeth – can you please follow up on this workshop? 30-45 minutes for the pre-conference. Two additional workshops on 9/14 and 9/15 (beginning of the day; end of the day 10-15 minutes)
 - ✓ How to support a clinician after losing a client who died by suicide? Potential trainer: Dr. Nina Gutin (90 min session, clinicians only).
Follow-up: Cheryl – can you please follow up on this workshop?

Additional Follow-Ups:

Aileen/Val: Older adults – panel

Aileen/Celeste: Safe Messaging, multi-lingual/Language of suicide, assessing, safety planning

Celeste: CDD (follow up with Lisa, Dr. Sweetland)

Carolyn: Panel

Cheryl: Dr. Maat – CCT (conference)
Dr. Nina Gutin (pre-conference)

Daisy: Dr. Bath, Dr. Mesa – youth interventions, equity, and suicide prevention
Dr. Rheedra Walker

Daphne: Lisa Ling

Daisy/Pip: Local Native American speakers

Elisabeth: Healing Centered Engagement workshops – UCLA – how much? Are they available? Workshop during pre-conference; infuse 2 workshops per day (beginning of day; end of day) for conference

Franklin: LGBTQ+ Adults and Older Adults;
AAPI, Anti-Blackness Violence

Sandri:

Telehealth – Scott Kaiser is an option – Mostly can speak on older adults. **Do we want to keep this track?**

Tracie: Dr. Joshi (Stanford); Dr. Chu (Palo Alto University);

San Diego Equity;

Dr. Dossett – present alone or also include Monica R. McLemore (Assistant Professor, School of Nursing, UC San Francisco), Dr. Karen Scott?

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Pre-Conference workshops and potential speakers

Pre-Conference Track	Potential Trainers	Speakers	Following-Up
Attempt Survivors: how to support attempt survivors and	Keynote: Dese'Rae (25-30 min)	Panel Discussion: (30 min) Dese'Rae (facilitator), Patricia Speelman, + two panel members (identify)	Sandri - D
Loss Survivors	Keynote: Robert Stohr (25-30 min)	Panel Discussion: (30 min) Robert (facilitator) – Rick Mogil + two panel members (identify)	Tracie
Healing-Centered Engagement workshop	UCLA 30-45 minutes min		Elisabeth
How to support a clinician after losing a client who died by suicide	Dr. Nina Gutin 90 min		Cheryl

Potential Workshops and potential speakers:

Training	Potential Trainers	Email Addresses	Following up
Suicide Prevention for parents	Cheryl, Stan		Confirmed
How do we support staff who can then support students?	Dr. Michael Lindsey (sent email on 6/1; declined 6/2), Dr. Bath, Dr. Mesa, Dr. Chu (sent email on 6/1) Possibly add: Shashank Joshi JANA	Dr. Michael Lindsey ml4361@nyu.edu Assistant: kf64@nyu.edu Dr. Bath ebath@mednet.ucla.edu Dr. Meza JIMeza@mednet.ucla.edu Dr. Chu jchu@paloaltou.edu	Tracie, Daisy
Older Adults - Mental Health	Laura Trejo (30 minutes), Dr. Regina Koepf, Dr. Yea tes Conwell	Panel – DA, APS, (60 minutes)	Aileen, Val
Reproductive Justice, Reproductive Health and Suicide Prevention	Dr. Dossett, Monica R. McLemore (Assistant Professor, School of Nursing, UC San Francisco), Dr. Karen Scott, Project Director, CA Birth Equity Collaborative (between 10am-12pm works best for Dr. Dossett)	Dr. Scott karen.scott2@ucsf.edu Nurse Monica Monica.McLemore@ucsf.edu	Tracie
Contextual-Conceptual Therapy (CCT) – A New and Upstream Approach to Suicide Therapy	G. Maas (Fredric not available for Summit 6/4/2021)		Cheryl
Telehealth – Fears, best practices, how do we bridge those gaps, how do we	Dr. Nina Gutin Scott Kaiser Panel?		Cheryl

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engage those who are not comfortable or familiar with technology	Across the lifespan/different economic access, equity		
Panel discussion Intersectional Allyship and Suicide Prevention	Shawn Kim, Rebecca Gitlin, Yolanda Poston, Aimee		Carolyn
LGBTQ+ - Adults and Older Adults			Franklin
AAPI, anti-blackness, violence and the intersection of suicidality	Dr. Sherry Wang		Franklin
Cultural humility and different perspectives (equity)	Dr. Bath, Dr. Mesa, Dr. Lindsey	Dr. Michael Lindsey ml4361@nyu.edu Assistant: kf64@nyu.edu Dr. Bath ebath@mednet.ucla.edu Dr. Meza JIMeza@mednet.ucla.edu	Daisy
Safe Messaging, multi-lingual/Language of suicide, outreach and engagement materials, psycho-education	Aileen, Celeste, Previous DMH Training Coordinator		Aileen/Celeste
Native Americans, racism, and suicide prevention: A local perspective			Pip/daisy
Youth Panel	Youth Advisory Board		Daphne, Daisy, Tracie
Music Therapy and Suicide Prevention	Arvis Jones		Tracie
Healing-Centered Engagement workshop	Dr. Ginwright + VPR + experiential Arts for Healing & Justice Network training		Elisabeth
Veterans Track			Robert, Cheryl, Tracie, Sandri
Cognitive Developmental Disabilities (CDD) and the intersect of suicidality: How to assess and intervene (across the lifespan)	San Diego START Team/Dr. Sweetland (6/3 – email sent) Lisa Morgan – AAS, advocate		Celeste, Lisa